

The Weekly Newsmagazine of Science

SCIENCE NEWS

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Golden Skins



“Thoroughly describes a syndrome suffered by millions in the U.S., and a remarkable new solution—indoor supplements of electric light. The method holds promise as a major alternative to drug treatment.”

—MICHAEL TERMAN, PH.D., DIRECTOR, LIGHT THERAPY UNIT, COLUMBIA UNIV. COLLEGE OF PHYSICIANS AND SURGEONS

Few people can imagine the misery of an annually recurring depressive illness which dulls and even incapacitates mind, body and spirit for four to eight months of the year. But try to imagine living with the knowledge that the pleasures, relationships and successes you build up during the summer will fade into obscurity as the short dark days of winter plunge you once more into a prison of darkness.

This book, a pioneer in its field, has a vital role to play in alleviating the suffering of Seasonal Affective Disorder and it will alert the reader previously unaware of SAD to the devastation suffered by tens of thousands of people and their families as a result of this illness.

If you are one of the fortunate people who never have to endure a depressive illness, let this book increase your awareness and tolerance of those who suffer and help to create a less hostile world for us to live in.

—Jennifer Eastwood
SAD Association

HarperCollins, 1991, 224 pages,
5 1/8" x 7 1/4", paperback, \$9.95

Science News Books SeasonAffDis
1719 N Street, NW
Washington, DC 20036

Please send me _____ copy(ies) of *Seasonal Affective Disorder*. I include a check payable to Science News Books for \$9.95 plus \$2.00 postage and handling (total \$11.95) for each copy. Domestic orders only.

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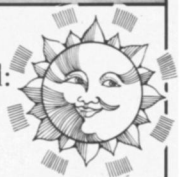
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SEASONAL AFFECTIVE DISORDER

Who gets it? What causes it?
How to cure it

ANGELA SMYTH In consultation with
Professor Chris Thompson M.D.

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Consciousness separates us from other animals and machines—or does it? In this important and controversial book, Daniel Dennett takes on one of science's Big Questions and revises our traditional view of consciousness, replacing it with a radically new model. He claims we must abandon not just the dualism of mind and body that is our legacy from Descartes, but also what he dubs the Cartesian Theatre, the mythical place in the brain "where it all comes together" for "presentation" in consciousness. What we think of as the stream of consciousness is not a single, unified sequence, he argues, but "multiple drafts" of reality composed by a computerlike "virtual machine," hard-wired in some areas, programmable in others.

Dennett weaves a richly detailed narrative enlivened by a series of brilliant thought experiments and analogies as entertaining as they are challenging.

—from the publisher

"A remarkable meditation on consciousness—in part, deconstruction, in part construction—by one of our most outstanding synthesizers."

—Howard Gardner
Author of *The Mind's New Science*
and *The Shattered Mind*

Little, 1991, 511 pages, illustrated, 6 1/4" x 9 1/2", hardcover, \$27.95

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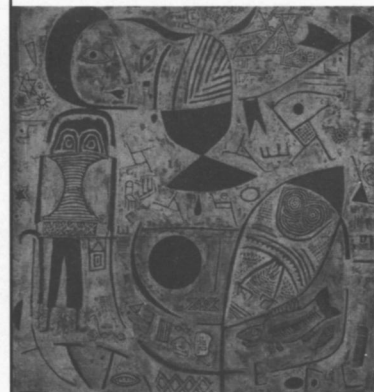
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CONSCIOUSNESS EXPLAINED



DANIEL C. DENNETT

Author of *Brainstorms* and coauthor of *The Mind's I*

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MEDICAL CENTER

BOOK OF ARTHRITIS

David S. Pisetsky, M.D., Ph.D.
with Susan Flamholtz Trien

Fawcett, 1991, 407 pages,
hardcover, 6 3/8" x 9 1/2", \$22.50

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— David S. Pisetsky, M.D., Ph.D.

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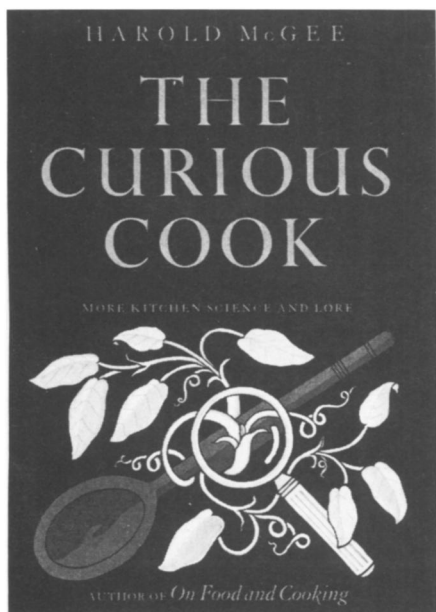
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In this lighthearted and informative book, Harold McGee, author of *On Food and Cooking*, applies a scrupulous scientific method to his entertaining pursuit of culinary enlightenment. In the first of three sections, he experiments with traditional kitchen practices and the biochemical nature of various common foods, investigating the hows and whys of preparing jerusalem artichokes, guacamole, mayonnaise, persimmons and much more. In the second section, he addresses current dietary controversies surrounding heart disease, cancer and Alzheimer's disease, dispelling many time-honored myths and presenting a balanced outlook on diet and health.

McGee's final chapters cover historical attempts to understand cooking and eating as well as recent biological and chemical findings that offer a glimpse into the mysterious nature of gastronomic enjoyment. Packed with literary and historical anecdotes, this collection of browsable kitchen lore is bound to interest both active and armchair chefs.



Why do lettuce,
avocados and basil
leaves turn brown?
And how can
you retain the
green in salads,
guacamole and
pesto?

North Point Press, 1990, 339 pages,
6 1/4" x 9 1/4", hardcover, \$19.95

Science News Books

CuriousCook

1719 N Street, NW
Washington, DC 20036

Please send _____ copy(ies) of *The Curious Cook*. I include a check payable to Science News Books for \$19.95 plus \$2.00 postage and handling (total \$21.95) for each copy. Domestic orders only.

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Does searing meat
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juices? And how do
you keep tender
meats from
becoming
tough by the
end of a braise?

